



# Arden Playhouse Presents Have a Nice Day

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**PLUS:**  
Hugh's Horse Ranch Offers  
Quality Horse Boarding  
Minutes from Fair Oaks Blvd.

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# Carmichael Times

Volume 34 • Issue 18

Serving Carmichael and Sacramento County since 1981

May 1, 2014

## Vote Best of Carmichael



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## Provo High Ballroom Dance Teams Wow Audiences



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## Tell Others Marijuana Damages the Brain



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# Letter Carriers' Stamp Out Hunger



Carmichael residents Jennifer Goldwyn (right) and daughter Lexi offer food donations to mailman, Julian Barbero. Assisted by mail carriers all over America, the Post Office food drive is the largest in the nation. Photo by Susan Maxwell Skinner

By Willie Henderson,  
Carmichael Postal Carrier

**SACRAMENTO REGION, CA (MPG)** - Letter carriers walk through the community every day, often coming face to face with a sad reality for too many, hunger. So each year on the second Saturday in May, letter carriers across the country collect Non-perishable food donations from our customers.

These donations go directly to local food pantries to provide food to people in Sacramento who need our help. Last year, we collected over 74 million pounds of food nationally, feeding an estimated 30

million people. Over the course of its 21-year history, the drive has collected well over one billion pounds of food, thanks to a postal service universal delivery network that spans the entire nation.

The need for food donations is great. Currently, 49 million Americans—1 in 6—are unsure where their next meal is coming from. Sixteen million are children who feel hunger's impact on their overall health and ability to perform in school. And nearly 5 million seniors over age 60 are food insecure, with many who live on fixed incomes often too embarrassed to ask for help.

Our food drive's timing is crucial. Food

banks and pantries often receive the majority of their donations during the thanksgiving and Christmas holiday season. By spring-time many pantries are depleted, entering the summer low on supplies at a time when school breakfast and lunch programs are not available to children in need.

Participating in this year's letter carrier stamp out hunger food drive is simple, just leave a non-perishable food donation in a bag by your mailbox on Saturday, May 10th and your letter carrier will do the rest. We invite you to join in America's great day of giving and help us in our fight to end hunger. ★

## Vote to Win in 2014 Best of Carmichael!

**CARMICHAEL, CA (MPG)** - You know your favorite spots in Carmichael, so let your voice be heard. You'll automatically be eligible to win River Cats tickets just for voting!

Categories are: Best Breakfast Restaurant, Best Lunch Restaurant, Best Dinner Restaurant, Best Burger in Town, Best Pizza in Town, Best Family Fun Spot, Best Grocery Market, Best Spa/Hair Salon, Best Health/Fitness Spot, Best Car Care Service, Best Pet Care Service and Best School.

Get your vote to Messenger Publishing Group no later than 6:00 p.m. on May 14th. You can vote online at [www.BestofCarmichael.com](http://www.BestofCarmichael.com).

Best of Carmichael winners will be presented at this year's Taste of Carmichael event. This year's event will be held at the La Sierra Community Center, 5325 Engle Road, Carmichael on May 16th, 2014 from 5:00 p.m. - 8:00 p.m. ★

## Meet Your Republican Candidates Luncheon

By Kay Burton

**SACRAMENTO REGION, CA (MPG)** - On May 7th, the Sacramento Republican Women Federated will have a "Meet Your Republican Candidates" luncheon meeting at 11:00 a.m. at North Ridge Country Club, 7600 Madison Ave., Fair Oaks, CA. The cost of the luncheon is \$27 per person. To make Reservations, please call their Reservation Hot Line at (916) 733-1623 or visit [www.sacramentorwf.org](http://www.sacramentorwf.org).

Republican candidates for local and state offices have been invited to mingle, share their platforms and answer questions during this information meet and greet session. Candidates will be given a few minutes to present their qualifications and why they are running.

This will be your chance to meet and mingle with the candidates and ask them about their positions on the issues that matter the most to you.

Source: the Sacramento Republican Women Federated, [www.sacramentorwf.org](http://www.sacramentorwf.org). ★

## Sac Metro Reports Twin Fires



**SACRAMENTO REGION, CA (MPG)** - Mid-day on April 25th, crews from Metro Fire were kept busy on multiple fires. The first incident occurred in the 11200 block of Point East Drive in Rancho Cordova where smoke and fire was noticed along the roof area of the commercial office building at that location.

Within moments, fire personnel

from Metro Fire were on the scene reporting smoke coming from the soffit area at the roof line of a two story building. The occupants were evacuating and crews initiated aggressive actions which significantly limited the growth of the fire protecting over 1.5 million dollars in potential loss to the building and property. The Metro Fire Investigations Unit is still determining the cause, but the origin was above the location of the fire sprinkler system in the building which would have had devastating effects had it gone unchallenged.

The second fire occurred in a garage in the 6000 block of Landis Avenue in the Carmichael region of Sacramento County. This incident was less than 30 minutes after the start of the Rancho Cordova commercial fire incident and highlights the ability of Metro Fire to mitigate multiple incidents at one time even during a time when there has been reductions in staff and equipment due to budget constraints. On the Landis incident the homeowner was alerted to a fire in his garage and attempted to extinguish it on his own. When

fire crews arrived they conducted a primary search and extinguished the fire prior to any significant structural damage to the detached garage.

No citizens or firefighters were injured as a result of these incidents.

For more information, visit [www.metrofire.ca.gov](http://www.metrofire.ca.gov) and sign up for our E-newsletter.

Metro Fire reminds you to please pull to the right and stop when you see responding emergency vehicles. ★

Source: Sacramento Metropolitan Fire District P.I.O.

## Carmichael Canine Corral Association Clothing Drive Fundraiser

**CARMICHAEL, CA (MPG)** - Carmichael Canine Corral Association in partnership with ReUseIt is making it easy to declutter homes while making a difference locally by hosting a two week clothing drive from May 19th through June 1st. The clothing drive will take place at the ReUseIt Donation Center located at 6328 Fair Oaks Blvd. in Carmichael.

All donations dropped off at the Carmichael Donation Center during the 2-week period directly benefits Carmichael Canine Corral Association and Big Brothers Big Sisters of the Greater Sacramento Area. This unique fundraiser does not cost any money and it promotes responsible recycling, helps our landfills and the environment. It is a great way to give back to the local community while raising money for Carmichael Canine Corral Association. Donated items that are

accepted include usable clothing, shoes, jewelry, belts, purses, backpacks, bedding and linens, housewares, hardware, toys, sporting goods, small working appliances and some furniture.

The Canine Corral was the first off-leash dog park to be developed in Carmichael, California. It has been in operation for nearly fourteen years. The Corral is a very popular gathering place for residents of both Carmichael

and the surrounding neighborhoods. Dogs and their owners come from Fair Oaks, Foothill Farms, Arden Arcade, Citrus Heights, Orangevale and North Highlands. A current survey indicates that approximately 4,400 dogs visit the park each month with over 1100 visits each week. However, after twelve years, the Corral was in need of a renovation.

The Corral is now under restoration. The grading work started

April 7th. The project is scheduled to be completed in mid-September. As with all construction, the Corral board is finding that there are extra costs that are not in their budget. Money raised during the clothing drive will help fund the renovation.

This unique recycling fundraiser event is sponsored by ReUseIt, a registered, commercial fundraiser in the state of CA and a local business that provides support & service to nonprofit

organizations in our local communities. The ReUseIt team has over 40 years of experience in the household recycling industry, and is dedicated to making a difference locally. ReUseIt offers local nonprofit organizations the opportunity to raise important funds for their cause without having to spend a dime. All donations are tax deductible. ★

Source: Carmichael Canine Corral Association, ReUseIt C.O.C.



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# Kindest Cut Launches New Health Program



San Juan School District children will be among beneficiaries of the program. Thomas Edison Elementary pupils joined physician and Congressman Ami Bera (back, center) to inspect the mobile clinic.

**Story and Photos by  
Susan Maxwell Skinner**

**CARMICHAEL, CA (MPG)** - Joining VIPS at the ribbon-cutting, grade school kids' excitement might have heralded an ice cream parlor opening. If not dessert, Thomas Edison Elementary pupils were getting something they deserved, access to wellness.

They beheld a first of its kind vehicle for Sacramento. The new mobile health clinic will deliver a program dubbed Health on Wheels. In the style of traveling libraries and blood drives, the 44 foot van will roll into San Juan District schools this summer. With a \$400,000-plus price tag, it contains two state of the art examination rooms. Children and parents from low-income and immigrant neighborhoods will be among the first customers.

Elica Health Centers are federally qualified health centers and have added the vehicle to their

Sacramento services. A grant partnership between Elica and San Juan School District enabled Affordable Health Care Act funding for the purchase. At-risk children, including those from Encina High and Howe, Dyer-Kelly, Thomas Edison and Greer elementary schools, may seek treatment from onboard medical professionals.

The truck's other function is to initiate children and families into health care systems. It will also provide referrals to hospitals and benefit programs. The clinic may also visit at-risk folk through churches, food banks and homeless shelters.

"We are breaking out of traditional boxes by reaching people who have not been reached before," said Elica CEO Elizabeth Cassin at the truck's recent welcome event. "We can take pride (in improving) the health of our under-served and immigrant families."

Kaiser Permanente Chief Physician Robert Azevedo (whose organization joined Dignity Health as co-sponsor) deemed the 44 ft van "a wonderful gift." He predicted it would help "some of the most vulnerable people in the community."

Fellow ribbon cutter Congressman Dr Ami Bera added: "Speaking as a doctor, I know it's not enough to give someone an insurance card. If you don't have access to a doctor or nurse, you don't have access to care."

Those selected San Juan schools serve diverse and needy populations; most students receive free or subsidized lunches. San Juan District Superintendent Kent Kern predicted the mobile clinic would make students "healthier, happier and more ready to learn."

For more information on the Health On Wheels program, visit [www.elicahealth.org](http://www.elicahealth.org). ★

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<b>SATURDAY</b>	<b>Sacramento Midtown Farmers Market</b> 2020 J Street (Between the STANF Native American Health and Bioware buildings). Every Saturday from 8 am to 1 pm - all year round, rain or shine.
<b>SATURDAY</b>	<b>Sunrise Mall Farmers Market</b> 6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot). Open every Saturday from 8 am to 1 pm - all year round.
<b>SATURDAY</b>	<b>Historic Folsom Farmers Market</b> 915 Sutter Street, Historic Folsom Public Plaza, Folsom. Every Saturday from 8 am to 1 pm - all year round
<b>THURSDAY</b>	<b>UC Davis Health System Farmers Market</b> 45th and Y Street (UC Davis Campus). Seasonal - Opens 4/24. 3 pm - 7:30 pm
<b>WEDNESDAY</b>	<b>Fair Oaks Farmers Market NEW LOCATION, LOTS OF PARKING!</b> 8101 Sunset Ave. (New Life Church). Seasonal - Opens 4/16. 3 pm - 7:00 pm
<b>WEDNESDAY</b>	<b>VA Mather Farmers Market</b> 10535 Hospital Way (VA Hospital). Seasonal - Open Now. 9 am - 1 pm

**For more information: [www.bemoneysmartusa.org](http://www.bemoneysmartusa.org)**

**Publisher, Paul V. Scholl**

*Carmichael Times is a member of Messenger Publishing Group*

## Carmichael Times

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# WOW Fundraiser for Forgotten Warriors

**SACRAMENTO, CA (MPG)** - Forgotten Warrior is a non-profit organization in Sacramento that helps veterans in the community, and we are expanding! We are hosting an upcoming event called Welcome Our Warriors (WOW) to help fund the opening of a new shelter exclusively for veterans. The event will be an Art and Wine night on May 15th, and you are invited!

Our organization focuses on the needs of veterans and their families in the greater Sacramento area. Such needs may include acquiring VA benefits, temporary to permanent housing, health care, continuing education, and finding gainful employment. We also strive to meet the most immediate needs in emergency situations. The new shelter will focus on helping veterans suffering from PTSD and other ailments re-enter society.

Some of the services Forgotten Warrior provides are:

**Food for Heroes:** We feed 500 veteran families a week, we distribute foods to the homeless, disabled, elderly, and

low income veterans in the Sacramento area and additional surrounding counties.

**The Dream Catcher Project:** Under the direction of Wind Walker, this self-help/ veteran to veteran life coaching program is designed to help veterans and their families learn how to deal with PTSD and other challenges and traumas associated with military service. Natural healing tools such as meditation, hypnotherapy, and herbal remedies are being used.

**Vets for Pets:** Forgotten Warrior provides emergency funding to pay for veterinarian care of low income veterans' pets.

**Housing:** Forgotten Warrior provides housing referrals and emergency assistance to address the overwhelming amount of homeless veterans in the five counties we serve. We are currently underway building a 30 bed facility to help house some of this increasing population.

**Education:** Veterans earn a Life Coach certificate by participating in a program that

teaches them how to adjust their belief system from anticipating failure and anticipating success. Veterans are referred to local colleges and universities and/or enroll in Dr. McQueen's career/academic assessment, counseling, and job training curriculum.

Please come out and show your support to the veterans on May 15th at this wine and hors d'oeuvres event, 6 p.m. to 9 p.m. at the Sacramento Art Complex, 2110 K Street. We are excited to note that we will have some lovely entertainment from three veterans: performer Daryl Black from X-factor, guest speaker Col. Randall Ball and artist Michael Rogan.

Tickets are \$45 in advance, \$50 at the door, or \$40 each in groups of five or more. Please consider joining us in our cause as we come together as a community to help our veterans.

For information and tickets, call (916) 533-9811 or visit [www.WelcomeOurWarriors.BrownPaperTickets.com](http://www.WelcomeOurWarriors.BrownPaperTickets.com). ★

Source: Forgotten Warrior

# Patrons Experience Individualized Attention at Salon Ooh La La

By Linda Harper

**CARMICHAEL, CA (MPG)** - Sometimes, to write a story it's best to experience the subject in order to gain the full scope of details. Two weeks ago I walked into Salon Ooh La La in Citrus Heights for the first time to get my hair cut.

Once I entered the salon, I felt an immediate sense of relaxation, comfort and a refreshing aura of professionalism. Quiet, tastefully decorated surroundings added to the appeal. Salon owner Paulette Susnjara greeted me at the door in a friendly and inviting manner. At Salon Ooh La La customers will never be asked to "take a number." And no one will be directed to join a

group of anxious patrons, waiting for the next available stylist to summon them for a quick "snip, clip or buzz."

Paulette sees one customer at a time. While at Salon Ooh La La, clients receive her full attention and respect. She knows how important and individualized a person's hair is to them. Before embarking on hair cutting, styling or color, Paulette begins a conversation to give her a clear understanding of what her client is expecting to receive from their visit to the salon. Next, she sets out to meet that expectation. With all the creative precision and grace Paulette's 27 years of experience as a hair stylist and certified Redken Colorist has taught her, she begins her

artistry. The final result is one of perfection.

Paulette Susnjara's goal is to provide excellent and knowledgeable customer service in an atmosphere of individual attention. Salon Ooh La La has been a home based business in Citrus Heights for 12 years, and Paulette has enjoyed customer loyalty for as long. Clients come from as far as El Dorado Hills to delight in the benefits of Salon Ooh La La.

Affordable services at Salon Ooh La La include hair cuts and styling, color, highlights, perms, eyebrow and lip waxing, and men's haircuts. To make an appointment at Paulette Susnjara's Salon Ooh La La, call (916) 721-0245. ★

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# Hugh's Horse Ranch Offers Quality Horse Boarding Minutes from Fair Oaks Blvd.



Hugh's Horse Ranch, a serene, lush horse boarding establishment sits only a half mile or so from busy Fair Oaks Blvd. Inset: Hugh's Horse Ranch owner Galen Grow.

Story and Photos by Linda Harper

**CARMICHAEL, CA (MPG)** - In 1910, Carmichael was named for Dan Carmichael, the largest land owner in the area. He thought there was no other tract of land in the region so large with so much beauty. This is what Galen Grow's Grandparents also realized when they settled on a piece of property on Grant Avenue in 1938. A portion of that original acreage is where Galen grew up, and where Hugh's Horse Ranch, a serene, lush horse boarding establishment sits, only a half mile or so from busy Fair Oaks Blvd.

Turning at the white split rail fence marking 6421 Grant Ave., begins a journey down the long driveway surrounded by tall, mature trees shadowing wild ivy, ferns and green clover. Once

the driveway ends, a panoramic view of horses grazing happily on green grass in a large, fenced arena and a large barn housing horse stables can be seen. Various outbuildings, including Grow's home add to the property's simplistic ambiance. A flat spot on the far hill to the left is measured off to accommodate horse trailers, and to the right is a cement wash rack which is used to give the horses a solid, mud-free place to stand while being bathed.

Inside the barn are large, 12'X 12' pipe corral stalls with a 16' X 12' paddock. Included in the area are individual secure tack lockers, some with a saddle rack. An automatic watering system insures there is always fresh water for the horses. Above, a hay loft is full of bales of alfalfa,

ready to feed boarded horses twice daily.

When meeting Galen Grow for the first time, it's evident he loves his ranch and he's honored to serve the horses boarded there. With over 30 years experience, he knows what he's doing and he's proud of how well he takes good care of "everyone." He knows each horse personally, and their fondness of one another is mutual. As soon as he comes into sight, his equine friends rush to greet him with a playful nudge.

For anyone looking for a quality place to board a horse, consider Hugh's Horse Ranch. Your horse will be glad you did.

For more information or to schedule an appointment to tour his ranch, call Galen Grow at (916) 944-3119. ★

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**Arden Playhouse PRESENTS**

**Have a Nice Day**

Written and Directed by Michael Messmer

**SACRAMENTO REGION, CA - (MPG)** - What would you do if you'd spent months of back-breaking labor on the most important project of your life only to have someone shows up ready to demolish what you've built?

Amanda and Marv Dillon moved west to build their dream home (actually just a cabin in the mountains) and get away from all the rules and regulations of urban society. Although they don't know anything about construction, they've been working for months building their new home. They've had help from Jo, a local contractor who is a taskmaster and has an endless supply of old sayings to keep the couple working. The job is so hard and frustrating that they've started giving names...not always nice names...to the sewer tiles, plasterboard and other things they've broken. But, in the process, they've become very attached to and proud of what they've accomplished.

Then they get a visit from Bobby and Tina, a brother and sister who are also the local building inspectors...and things get complicated very fast. For one thing, it turns out there is a bit of bad history between Tina and Jo. For another, it turns out that Jo doesn't have a contractor's license.

Although Jo has enough experience with Tina to know that the inspection can get ugly, it isn't until Tina and Bobby start destructive testing that Amanda and Marv become alarmed. First, Marv has a painful encounter with Tina when he tries to stop Bobby from drilling in the sewer leach line he has just completed. But, when it appears that Tina is going to attack some of the sheetrock that Amanda has finally learned to install without breaking, Amanda acts to protect her walls and her home in a very dramatic way that turns everything upside down.



With the help of inspectors Tina (Susan Wheat, standing center) and Bobby (Andy Anthony), contractor Jo (Rebecca Keller) jokes about one more big complication without realizing how much of a shock it is for the seated Amanda (Patty Thiel) and Marv (Scott Plotkin) in the Arden Playhouse production of HAVE A NICE DAY. Photos courtesy of Arden Playhouse (Michael Messmer).

**Performances are at 8 p.m. Fridays and Saturdays: May 2, 3, 9, 10, 16, 17, 23, 24, 30, and 31. Sunday Matinees are at 2 p.m. May 4 & 18.**

All tickets are \$15 with a reservation and \$18.00 at the door. (Cash or check only.) Tickets can be reserved by calling (916) 332-2582. Arden Playhouse is located at 5640 Roseville Road, Suite D, Sacramento, and seats 150.

For more information about *Have a Nice Day* or to find out about our group discounts, call the theater office at 332-2582, email [admin@ardenplayhouse.com](mailto:admin@ardenplayhouse.com), [arden@ardenplayhouse.com](mailto:arden@ardenplayhouse.com), or check the website [ardenplayhouse.com](http://ardenplayhouse.com).

Arden Playhouse is a community theater dedicated to continuing its tradition of presenting entertainment in a casual setting. ★



Building inspector Tina (Susan Wheat, right) has a firm grip on Marv (Scott Plotkin) after he tried to stop her brother from drilling on the sewer leach line as his wife, Amanda (Patty Thiel) tries to calm him down and Jo (Rebecca Keller) begins to realize how difficult the inspection is going to be in the Arden Playhouse production of HAVE A NICE DAY.

**“Nicolas’ Garden” Team Earns Top Prizes at SPRA ‘Cappie’ Awards**

**CARMICHAEL, CA (MPG)** - “Nicolas’ Garden,” (NG) the digital platform created by (now) nine-year-old Entrepreneur Nicolas Come, earned top honors at the recent, Sacramento Public Relations Association, “Cappie” Awards of Excellence. “Nicolas’ Garden” was honored to receive three Gold “Cappie” Awards for communications strategic planning and execution excellence, in the categories of, “Continuing Public Relations Campaign,” “Short Term Public Relations Campaign,” and “Pro Bono Campaign” (for then NG volunteer) Drisha Leggett. Leggett also earned two other Bronze “Cappie” Awards for Pro Bono and Short Term work promoting “America’s Next Top Model” Winner Naima Mora and Sacramento Fashion Week.



Nine-year-old “Nicolas’ Garden” Founder Nicolas Come, and his partner and “Nicolas’ Garden” President/CMO Drisha Leggett, proudly display five “Cappie” Awards of Excellence presented to the “Nicolas’ Garden” team by the Sacramento Public Relations Association (SPRA), at the 27th Annual SPRA “Cappies” Awards Gala. (Photo provided courtesy of Stephane Come & “Nicolas’ Garden”).

our hard work to inspire healthier kids. We couldn't be more pleased and humbled by this recognition!

Nicolas Garden is a Mobile App, digital platform, and trusted brand, promoting healthy, “Farm-to-Fork” behaviors, by allowing children and families to share healthy, family- and kid-friendly recipes, create meal plans and shopping lists, learn easy and fun cooking tips, play health-related games, and link to other healthy programs and services. The Nicolas’ Garden Mobile App was developed by (then) eight-year-old Entrepreneur Nicolas Come and volunteers at a “Hackathon” coding competition at Sacramento’s Hacker Lab. Since its launch last Summer, “Nicolas’ Garden” has generated over 16 million positive media impressions worldwide. Nicolas met the President of the United States, and cooked with Celebrity Chef Jamie Oliver, and is now recording and will soon be airing, a “by kids; for kids,” “Farm-to-Fork Fun Show”, teaching children about their food’s origins and how-to make tasty, healthy meals with it.

“My App shows kids that growing and cooking their own food can be fun,” describes Nicolas Come, Founder of Nicolas’ Garden. “The ‘Nicolas’ Garden’ Mobile App lets kids help their families be healthier. And teaches them that sharing our good food ideas can help everyone and taste good!”

Leggett concluded, “The Nicolas’ Garden team offers a hearty congratulations to Communications Legend Jane Einhorn, of Runyon, Saltzman & Einhorn, for winning the Sacramento Public Relations Association’s “Lifetime Achievement Award”; as well as to Nicolas’ Garden friends Laura Braden and “Carmichael Dave” of the Sacramento Kings, for receiving the very well deserved, “PR Professional of the Year,” and “Volunteer of the Year” respectively. We are also thankful to SPRA for hosting a special tribute to the late, great Bob McCafferty - a mentor and a friend to so many communicators (like me). And finally, we very enthusiastically and sincerely thank SPRA President Erin Dunlay, Cappie Co-Chairs Chelsae Minor and Patrick Kavadeles and their Cappie Committee, and the judges in the Raleigh Public Relations Society, for recognizing our team with the Cappie Awards honors. We are so thankful to you all! And well done on a wonderful awards competition and gala!”

For further information and a list of all of the 27th Annual SPRA “Cappie” Award winners, please go to <http://spraprofessionals.com/events/cappies/>. For more information regarding Nicolas’ Garden, please visit [www.NicolasGarden.com](http://www.NicolasGarden.com) or <https://www.facebook.com/NicolasGardenOrg?fref=ts>. ★

**Chamber, Park District to Hold Community Yard Sale**



**CARMICHAEL, CA (MPG)** - Are your garage and closets getting too cluttered? Come join the Carmichael Chamber of Commerce and

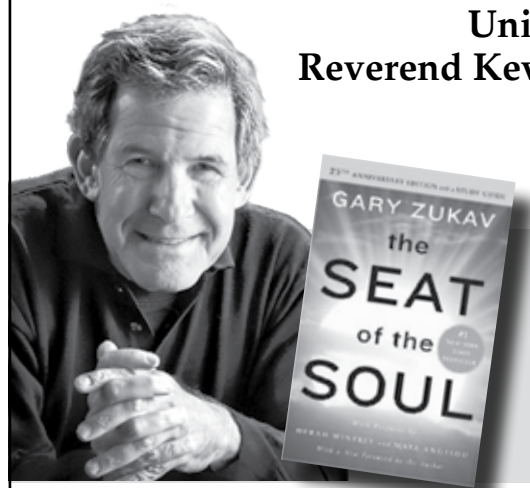
Carmichael Recreation & Park District for a Community Yard Sale on Saturday May 3, 2014 from 8:00 a.m. to noon in the parking lot of La Sierra Community Center, 5325 Engle Road in Carmichael. You can get a 10 x 10 booth space for just \$20 or 2 spaces for \$30.

Bring your household items, collectibles, toys, and other items to sell. If you can't be there that day but want to get rid of your clutter, please donate your items to the Carmichael Chamber to sell. Proceeds from the booth rentals will benefit the Carmichael Community Beautification Program.

Please call the Chamber at (916) 481-1002 if you have items to donate. For booth space, contact Tracy at Carmichael Recreation & Park District at (916) 485-5322. The Salvation Army will have a truck available after the event to accept any leftover items. ★

Source: Carmichael Chamber of Commerce

**In Celebration of Unity of Sacramento's 67th Anniversary & 25th Anniversary of Best Selling Book *The Seat of the Soul***



Unity of Sacramento and

Reverend Kevin Kitrell Ross proudly welcome

Best Selling Author Gary Zukav as our Sunday morning Guest Speaker and Workshop facilitator.

**Sunday, May 4, 2014  
2:00 pm - 5:00 pm (workshop)  
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Unity of Sacramento  
9249 Folsom Boulevard,  
Sacramento CA 95826**

*Do you long for harmony, cooperation, sharing, and reverence for Life but don't always know how to create them?*

Join Gary Zukav and Linda Francis for an awesome afternoon exploring recent deep changes in our evolution and how they are reshaping your experiences from the inside out.

**For More Information and Registration: (916) 368-3950 or visit [www.unityofsacramento.com](http://www.unityofsacramento.com)**



**The Carmichael Soccer Club**, founded in 1972, and located in the heart of Carmichael is registering new players for the upcoming soccer season. If you have a child between the ages of 4 and 18 and can drive your kids to the area for practice and games, you should sign them up.

No experience is necessary so come join us today. Go online to [Carmichaelsoccer.org](http://Carmichaelsoccer.org) to begin the registration process or come see us at our in person registrations at the

**Carmichael Library, 5605 Marconi Ave on:  
May 31st (12-5 p.m.) • May 8th (6-8 p.m.)**

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**Have questions? Call 916.678.0341 or visit us at [www.carmichaelsoccer.org](http://www.carmichaelsoccer.org)**



*If you want to become more involved, come to a board meeting and consider joining our board. Meeting times and locations are on our website under the Calendar.*



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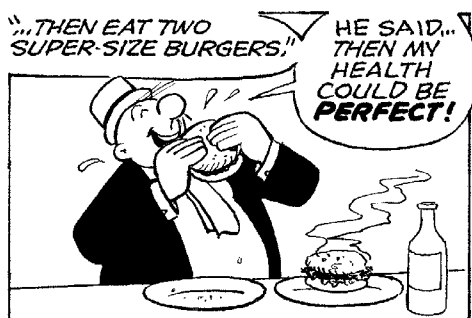
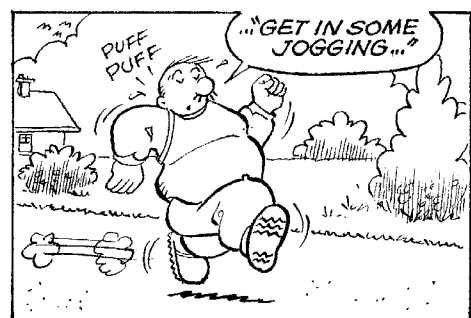
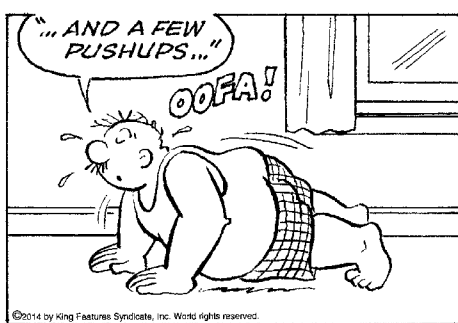
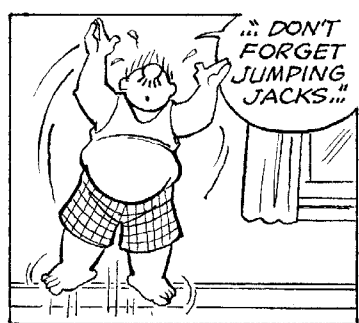
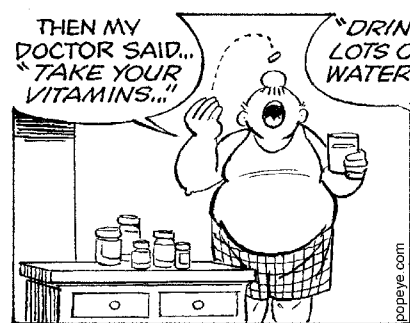
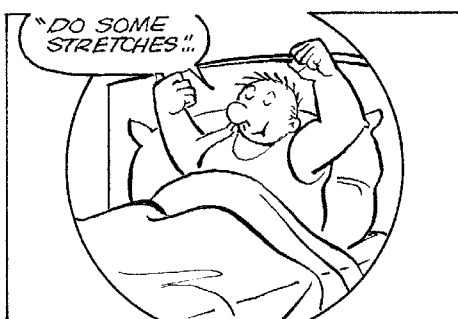
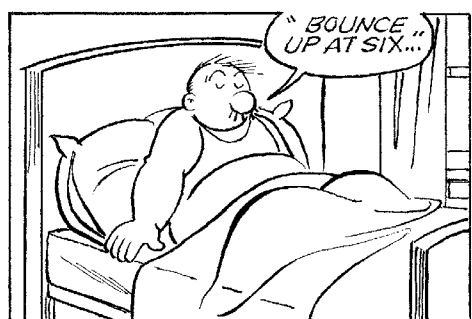
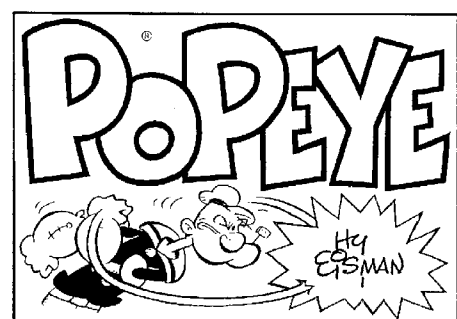
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### SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

#### Current and Upcoming Events

*"Painting Where the Wild Things Are" Exhibit*  
May 13-30, 2014  
Reception with live music, awards presentation, refreshments, May 17, 2014, 5:30 - 8:30 pm  
This Exhibit is a Preview for the Gala and Auction at the Effie Yeaw Center Center, May 31, 2014. Tickets: www.sacnaturecenter.com  
Benefiting ARNHA & the Effie Yeaw Nature Center

**"Celebrating the Figure"**  
Featuring drawings, paintings, and sculptures by the Friday Morning Figure Study Group April 22-May 10, 2014

**Club Meetings**  
Wash Inc. May 12, 2014 • 1:30 pm  
Juan Pena • Plein Air Watercolor  
NCA Next meeting is 7 pm May 14, 2014  
Catherine Turrill CSUS Dept. of Art Chair  
Photo Club Meets • 4th Thursday 7 PM  
Fiber Arts Group • NEW! Meets 3rd Wednesday 10 am

**Foyer Gallery:**  
"Hang Out and Do Art" Artists  
"Untitled" by Jack Calvin Warren

**Focus on Fiber: Coming June 3rd!**

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www.sacfinearts.org

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Contemporary/Inspirational 11:00 AM  
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Sacramento, CA 95826 • 916-368-3950  
unityofsacramento.com

## Salome's Stars

**ARIES (March 21 to April 19)**  
You might be tempted to be more assertive when dealing with a job-related matter. But a carefully measured approach works best at getting the cooperation you're looking for.

**TAURUS (April 20 to May 20)**  
While others urge you to act now, you instinctively recognize that a move at this time is not in your best interests. You should know when to do so by week's end.

**GEMINI (May 21 to June 20)**  
A busy schedule keeps you on the move for much of the week. But things ease up by the time the weekend arrives, allowing you to reconnect with family and friends.

**CANCER (June 21 to July 22)**  
Travel dominates the week, and despite some delays in getting to where you want to go, the overall experience should prove to be a positive one in many ways.

**LEO (July 23 to August 22)**  
Your Leonine self-confidence comes roaring back after a brief period of doubt and helps you get through a week of demanding challenges and ultimately emerge triumphant.

**VIRGO (August 23 to September 22)**  
Virgos who have made a major commitment -- personal or professional -- should be able to tap into a renewed reservoir of self-confidence to help them follow through.

**LIBRA (September 23 to October 22)**  
You soon could receive news from a surprising source that could cause you to change your mind about how you had planned to deal with an ongoing job-related problem.

**SCORPIO (October 23 to November 21)**  
A surprise move of support from a colleague who has never been part of your circle of admirers helps influence others to take a new look at what you've put on the table.

**SAGITTARIUS (November 22 to December 21)**  
While a bold decision to take an "I know what I'm doing" approach impresses some colleagues, it also raises the risk of causing resentment among others.

**CAPRICORN (December 22 to January 19)**  
Amisunderstanding 'twixt you and a friend might not be your fault at all, despite what he or she suggests. Talk it out to see at what point the confusion might have started.

**AQUARIUS (January 20 to February 18)**  
Getting into a community operation fulfills the Aquarian's need to help people. It also can lead to new contacts that might one day help you with a project.

**PISCES (February 19 to March 20)**  
A minor problem could delay the start of a long-anticipated trip for two. Use the time to recheck your travel plans. You might find a better way to get where you're going.

**BORN THIS WEEK:** *You are a dedicated romantic who seeks both excitement and stability in your relationships.*  
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## COUCH THEATER DVD PREVIEW

BY SAM STRUCKHOFF

COUCH THEATER -- DVD PREVIEW  
By Sam Struckhoff  
EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of May 5, 2014.



Kristen Bell in "Veronica Mars"

**"The Art of the Steal" (R)** -- Death-defying stuntman Crunch Kalthoun (Kurt Russell) is sick of botching motorcycle jumps at monster truck rallies. He contacts his half-brother (Matt Dillon) to set up one more big art heist. With Crunch as the "wheelman," they assemble a team to fill out the rest of the heist-movie roles. Their eyes set on an antique book worth \$20 million, Crunch and the gang banter and bicker their way through a typically twisty-turny art heist.

Without breaking the boundaries of the genre, "The Art of the Steal" manages to entertain. There's the plucky ensemble, the hyperactive narration, the motorcycle stunts and misdirects -- everything that's required.

**"Generation War"** -- This German mini-series seeks to tell the story of the ordinary Germans who came into adulthood during World War II, but who were not Nazis. The five main characters are friends in their 20s: Wilhelm and Friedhelm are brothers headed for the Eastern front; Charlotte is a nurse who has feelings for Wilhelm; and Viktor is a Jewish tailor who is dating aspiring singer Greta. The story covers about four years, beginning in summer

1941, when the friends believe the war will be over by Christmas.

The miniseries has drawn a great deal of praise and controversy around the world. The main characters aren't the monsters we're used to seeing in WWII films about Germans, but they aren't totally innocent to what's going on around them.

**"Burn"** -- In Detroit, neighborhoods are full of buildings sitting vacant and in disrepair -- each one a potential flashpoint for a deadly urban blaze. As urban decay sets in around dwindling jobs and slashed budgets, life-saving public services become even more crucial. This documentary follows the firefighters of Detroit's Engine Company 50. Their wages are frozen, their numbers are few, they're making do with damaged and outdated equipment, and the city has never needed them more. The film balances discussion of the larger issues with up-close looks at the brave individuals who serve.

**"Veronica Mars"** -- The underrated television show was canceled years ago, but fan-demand for a Veronica Mars movie was so enthusiastic that a feature-length release with the original cast has materialized. Veronica (Kristen Bell) has put her amateur-detective days behind her, and no longer wants anything to do with private investigations. When she's on the doorstep of finishing her law degree and starting a new life, she gets a call from her ex, Logan. He's been accused of murder, and he needs Veronica's help. There's plenty of fan-appreciation in the script, but it's also a real-deal detective thriller that anyone can appreciate.

### TV RELEASES

"China Beach: Season 3"

"Rookie Blue: Season 4"

"Laverne & Shirley: Eighth & Final Season"

"A Celebration Of Blues And Soul: The 1989 Presidential Inaugural Concert"

"Doomsday Preppers: Season 3"

(c)2014 KingFeaturesSynd., Inc. Series"

## top ten

### CLEANEST FRUITS AND VEGETABLES\*

1. Onions
2. Corn
3. Pineapples
4. Avocado
5. Asparagus
6. Sweet Peas
7. Mangoes
8. Eggplant
9. Cantaloupe
10. Kiwi

\*Least pesticide contamination  
Source: Environmental Working Group

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Now here's a tip!

by Jo Ann Derson

• Need a quick fix for tarnished brass? Look in your fridge. Ketchup, applied liberally then buffed off, will remove tarnish in a pinch.

• Cut a paper grocery bag open and then cut it to fit the top of your refrigerator. It will catch dust and kitchen grease, and keep the top clean. It's free and replaceable as often as needed.

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## Birding BITS

BY Cindy Brook

**A Warbler Affair**  
The other day I came home to a yard filled with warblers. There were three black and white warblers chasing each other around some pine trees. And my tray feeder had yellow-rumps, yellow-throated and pine warblers all eating sunflower chips. It was quite the sight!

E-mail: [birdingbits@cfl.rr.com](mailto:birdingbits@cfl.rr.com)  
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## The Garden Bug

Rosemary  
found in Ophelia's speech from Hamlet

**Shakespeare gardens**, created to honor the famous playwright, are found throughout the U.S. and Britain. They contain plants and flowers mentioned in his works and those found in his own private garden in Stratford-upon-Avon. One of the most famous of these gardens is in Central Park near the Delacorte Theatre, site of the "Shakespeare in the Park" series held each summer. - Brenda Weaver  
Source: [www.centralpark.com](http://www.centralpark.com)

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# Best of Carmichael 2014

Carmichael Times



Three lucky winners will get four Regular Season game tickets to the Sacramento River Cats  
**Vote at [www.BestofCarmichael.com](http://www.BestofCarmichael.com)**

## You're Invited!

At the 12th Annual Taste of Carmichael you'll enjoy wine & food tasting booths, music, art, cars, door prizes, raffles and a silent auction

Hosted by Kiwanis Club of Carmichael

Friday May 16th, 2014 • 5-8 p.m.

La Sierra Community Center,  
5325 Engle Road

Benefitting Charity for Children,  
Youth and Community Projects

# Best of Carmichael 2014

## List of Categories

1. Best Breakfast Restaurant \_\_\_\_\_
2. Best Lunch Restaurant \_\_\_\_\_
3. Best Dinner Restaurant \_\_\_\_\_
4. Best Burger in Town \_\_\_\_\_
5. Best Pizza in Town \_\_\_\_\_
6. Best Family Fun Spot \_\_\_\_\_
7. Best Grocery Market \_\_\_\_\_
8. Best Spa/Hair Salon \_\_\_\_\_
9. Best Health/Fitness Spot \_\_\_\_\_
10. Best Car Care Service \_\_\_\_\_
11. Best Pet Care Service \_\_\_\_\_
12. Best School \_\_\_\_\_

**Award will be given for the Top Vote Getter**

Name \_\_\_\_\_ Telephone \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

### Contest Rules



Businesses must be located in Carmichael, Arden-Arcade, or Sacramento zip codes 95841

All votes must be received no later than May 14th at 6 p.m. at the office of Messenger Publishing Group.

Votes can be made either by mailing this form to Carmichael Times at 7144 Fair Oaks Blvd, Suite 5, Carmichael, CA 95608 or by completing the online form at [www.BestofCarmichael.com](http://www.BestofCarmichael.com).

Only one vote per category per person. All voting entries must have complete information or the votes will not be counted.

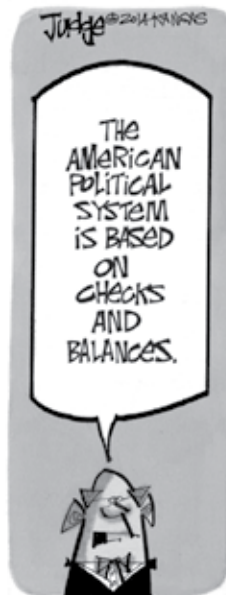
Best of Carmichael winners will be presented at this year's Taste of Carmichael event.

This year's event will be held at the La Sierra Community Center, 5325 Engle Road, Carmichael on May 16th, 2014 from 5:00pm - 8 p.m.

To purchase tickets for this event please







THE RICH LOWRY COLUMN

By Rich Lowry

The Equal-Pay Canard

To paraphrase the line often attributed to Mark Twain, there are lies, damn lies and the "equal pay" statistic.

The factoid that women earn only 77 cents of every dollar earned by men is the focal point of a feminist cargo cult. It has its own movement and its own quasi-holiday, the so-called Equal Pay Day, marking how far into a new year women supposedly have to work to match what men made the prior year.

Drawn from Census Bureau data, the 77-cent stat is a comparison of the earnings of women working full time to men working full time. Its fatal flaw is

that it accounts for none of the important factors that play into the disparity, such as hours worked.

Mark Perry and Andrew Biggs of the American Enterprise Institute note that men are twice as likely to work more than 40 hours per week as women. Then there are differences in choice of occupation, in education and in uninterrupted years of work. Once such factors are taken into account, there is about a 5 percent differential in the earnings of women and men, about which various theories are plausible, including the effect of residual discrimination.

What is clear is that the wage gap is largely an artifact of the fact that women devote more time to caring for children than do men. Harvard economist Claudia Goldin points out that the earnings of women without children are almost equal to those of comparable men. Feminists are mistaking a byproduct of the laudable desire of mothers to spend time with their kids for a depredation of The Man.

When asked in an MSNBC interview about the reliability of the pay-gap number, White House economist Betsey Stevenson confessed: "I agree that the 77 cents on the dollar is not all due to discrimination. No one is trying to say that it is. But you have to point to some

number in order for people to understand the facts."

There you have it: For people to understand the facts, you have to give them an easily misunderstood statistic, usually without necessary context and spun in the most inflammatory fashion possible. Enter President Barack Obama. He wrings every bit of dishonesty he can out of the number.

At the Equal Pay Day event at the White House, he marveled at the simplicity of it all: "A woman has got to work about three more months in order to get what a man got because she's paid less. That's not fair. That's like adding an extra six miles to a marathon."

Such is his subtle rendering of a number that even his own economic adviser admits must be handled with care.

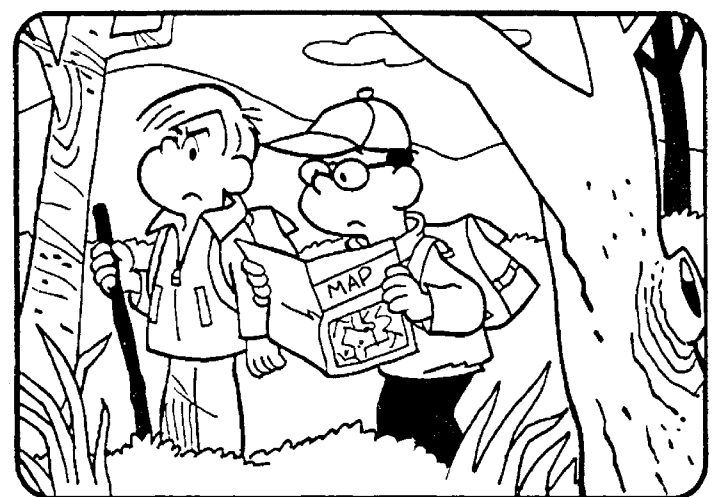
Hillary Clinton, whose prospective presidential campaign will be predicated on every feminist cliché her supporters can muster, tweeted on Equal Pay Day, "20 years ago, women made 72 cents on the dollar to men. Today it's still just 77 cents. More work to do."

Yes, never tire or relent. The flogging of the bogus statistic can never end.

Rich Lowry is editor of the National Review.

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### CLUES

- ACROSS**
- Swahili or Zulu
  - French lake
  - Marcel Marceau, e.g.
  - Type of squash
  - In the past
  - Engaged for a fee
  - Considered a representative of Allah
  - Month of Pearl Harbor attack
  - African antelope
  - \*Chelsea's politically-minded mother
  - Funeral rite
  - Tell tall tale
  - Can of worms
  - Corn holder
  - Ranee's husband
  - Popular pet rodent
  - Acted like
  - Leave behind
  - Spacious
  - "Just along for the ride"
  - \*"\_\_\_\_\_ Mia!"
  - Heroes
  - On the rocks
  - Nervous biter's victim
  - Fit of shivering
  - "A Series of Unfortunate Events" author
  - The Three Tenors, e.g.
  - He is
  - Lunch stop
  - \*Rob to new mom Kim Kardashian
  - \*Minnelli's mother
  - One who moves from place to place
  - Bay window
  - \*Biblical matriarch Sarah had this many children
  - More capable
  - Like a wave caused by the moon
  - Shot \_\_\_\_\_ in track and field
  - Japanese-American
  - Door fastener
  - Type of wood often used for furniture
  - Walk loudly
- DOWN**
- Johann Sebastian \_\_\_\_\_
  - Popular smoothie berry
  - Winningest Super Bowl coach
  - Do-re-do-re-do-re-do-re, e.g.
  - Like life, according to some
  - \*Juliet's mother, \_\_\_\_\_ Capulet
  - Often checked in a bar
  - Warming winter beverage
  - 5,280 feet
  - Saudi Arabia's neighbor
  - Maître d's list
  - \*Christian Science founder, Mary Baker \_\_\_\_\_
  - \*Scarlet letter-wearing mother
  - Camelot, to Arthur
  - Tom Hanks' 1988 movie
  - "Fragrant" rice
  - \*Brady mom
  - Offer two cents
  - Obscure
  - \*"Mommy Dearest"
  - Parks or Luxemburg
  - When it breaks, the cradle will fall
  - Permeate
  - Plural of "lysis"
  - Art style popular in 1920s and 1930s
  - Arab chieftain
  - Cover story
  - Ultimate goal
  - Japanese capital
  - Liver or kidney, e.g.
  - Parkinson's disease drug
  - Lunar path
  - Music style with gloomy lyrics
  - "Tosca" tune
  - Purges
  - \_\_\_\_\_ year
  - Made in "Breaking Bad"
  - Additionally
  - Indian Lilac
  - Stumble
  - Greek letter N, pl.

CROSSWORD											
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For Solutions See Page 11





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## Sacramento County DA Reports



*Recent cases of interest*

**CASE: Jerry King (04/25/14)**

**PROSECUTOR: Deputy District Attorney Sheri Greco, Homicide Unit**

District Attorney Jan Scully announced today that the Honorable Michael Kenny denied a defense motion for a new trial and sentenced Jerry King to 50 years to life in prison. On February 21, 2014, a jury convicted King for the first-degree murder of his 50-year-old uncle, Willis Griffin. The jury also found true that King personally discharged a 7mm rifle that caused the death of Griffin.

On December 9, 2012, King was living in the rural Sacramento County town of Herald. He was upset that he was going to be kicked out of the mobile home where he was staying with his mother and Griffin. When Griffin arrived at the home to confront King about leaving, King used a 7mm hunting rifle to shoot Griffin in the chest, killing him in the driveway.

**CASE: Ronnie Vang (04/25/14)**

**PROSECUTOR: Deputy District Attorney Valerie Brown, Homicide Unit**

District Attorney Jan Scully announced today that Ronnie Vang has been sentenced to death by the Honorable Steve White for the June 23, 2009 murder of Keith Fessler. On January 15, 2014, a jury recommended Vang receive the death penalty after finding him guilty of murder with special circumstances for killing Mr. Fessler during the commission of burglary and robbery. Vang had been paroled from prison four days prior to the murder.

Vang was also convicted of two counts of arson for setting fire to Mr. Fessler's home and car in an attempt to cover up the murder, attempted burglary of a neighbor's house, auto theft and firearm enhancements. He was sentenced to 34 years to life in prison for those offenses.

**CASE: Lionel Doria & Cleo Costa (04/23/14)**

**PROSECUTOR: Deputy District Attorney Caroline Park, Homicide Unit**

District Attorney Jan Scully announced that Lionel Doria and Cleo Costa were convicted by jury of first-degree murder and attempted robbery. The jury also found true special circumstances and firearm allegations. Doria was also convicted of being a felon in possession of a firearm.

On November 25, 2011, police responded to a report of a shooting at the 700 block of Bell Avenue. Upon arrival, officers found James Hiter lying in the roadway with a fatal gunshot wound.

Both defendants face a maximum sentence of life in prison without the possibility of parole.

Sentencing is set for May 23, 2014 in Department 17 of the Sacramento Superior Court.

**CASE: Kristopher Kilpatrick (04/16/14)**

**PROSECUTOR: Deputy District Attorney Amber Hawk, Human Trafficking Unit**

District Attorney Jan Scully announced that Kristopher Kilpatrick was sentenced to 10 years in prison after pleading to persuading a minor to engage in commercial sex acts. He is also required to register as a sex offender. Kilpatrick is a prior sex offender who was convicted and sent to prison in 2007 for molesting a 13-year-old girl.

Kilpatrick began dating the 17-year-old victim and ultimately persuaded her to work as a prostitute, pimping her over a two month period. He posted pictures of her in various states of undress to advertise her as a prostitute on the Internet. The victim gave all of the money that she earned to Kilpatrick. He admitted during a recorded jail conversation that he maintained a relationship with the victim because she "put money in his pocket."

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# Tell Others that Marijuana Damages the Brain



*New study shows how pot harms children and families*

Photo courtesy of SaveCalifornia.com

From SaveCalifornia.com

**SACRAMENTO REGION, CA (MPG)** - SaveCalifornia.com has been saying it for some time, and now new, reliable evidence backs up the fact that today's highly-potent marijuana hurts the brain.

"This study raises a strong challenge to the idea that casual marijuana use isn't associated with bad consequences," said study author Hans Breiter, psychiatry and behavioral sciences professor at Northwestern University Feinberg School of Medicine and psychiatrist at Northwestern Memorial Hospital. "Some of these people only used marijuana to get high once or twice a week. People think a little recreational use shouldn't cause a problem, if someone is doing OK

with work or school. Our data directly says this is not the case."

Sadly, marijuana activists and average Democrat politicians and liberal Republicans like former Gov. Arnold Schwarzenegger have made marijuana virtually legal in California, and now it easily gets into the hands of teenagers and young adults.

As our SaveCalifornia.com President Randy Thomasson said in 2010:

"This virtual legalization of marijuana definitely sends the wrong message to teenagers and young adults," Thomasson said. "It invites youth to become addicted to mind-altering pot because there's not much hassle and no public stigma and no rehab if they're caught."

The evidence is in -- casual marijuana use irreparably harms

the brain and the lungs, and we all ought to be using this new study to tell others the truth. Because when a teenager or young adult starts smoking marijuana, their lives start to spiral downhill.

Visit SaveCalifornia.com's special site, Marijuana HarmsFamilies.com to learn more and to share with others.

Last year, Breiter's team showed that everyday pot smoking in teenagers was, even two years after stopping, linked to brain abnormalities and to poorer working memory. "With the findings of these two papers," Breiter said, "I've developed a severe worry about whether we should be allowing anybody under age 30 to use pot unless they have a terminal illness and need it for pain." ★

Source: SaveCalifornia.com

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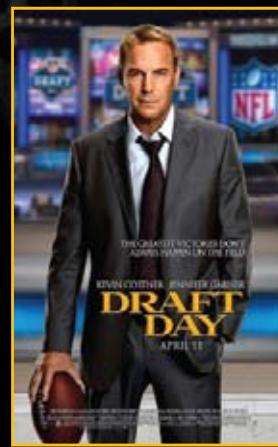
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# Provo Teens Put on a Show



Floating chiffon set the style for a graceful waltz. Inset: Conner Salverson and Monica Esquivel offered Mission Oaks Community Center audiences a lift.

Story and Photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Art makes you smart and professional standards are attainable at any age. These facts are self-evident to 24 kids from Provo, UT who recently favored audiences at Mission Oaks Community Center. Each Provo High Ballroom Dance team member maintains a 4.0 grade average while practicing at least eight hours per week. Equally impressive is the team's competition record: 10 Utah State Championships in 10 years. "People forget these are school kids," says their director/teacher Angela Williams. "They dance like professionals."

The week-long tour to four California cities ended with a free performance in Carmichael. Lunchtime audiences were treated to 19 dance vignettes that leaped from waltz to Latin to jive and even included a frantic romp to a Mary Poppins polka. Outfits changed with each number.

"The dancers think through their costumes as much as their choreography," says Williams. "Their goal is to change in 30 seconds or less. They can even layer costumes. They pull one off and the next outfit is underneath."

Also in costume was Williams' six-year-old son Brennin. "I had an emergency at home and needed to bring him along," she explained. "He competes in ballroom and loves dancing with the big kids. When they heard he was coming, they grabbed him for a couple of routines."

The dancers aspire to inspire as well as entertain. "My students are mentors," says Williams, "they love to share the ways dancing has helped them." Their demonstrations could encourage other children to join dance teams, stay in school, cope with bullying and aim for high grades despite after-school diversions. "Dancing is character building; you just can't do what these kids do without sacrifice."

Glamorous duds are perks. Audiences sigh at floating chiffon waltz gowns evoking Disney

princesses. "They clap for the gold cha-cha dresses, too," says Williams. "I constantly look for new costumes to add to the dances."

A 15-year tradition at Provo High, the student tour crowns competition and fundraising events. Williams praised the dancers: "They pay two-thirds of the tour cost themselves, and they've been dancing solidly for nine months. It's intense work and they deserve a reward."

But visiting California is not all false eyelashes and snappy footwork. Sightseeing and the chance to enjoy sunshine while snow lies thick in Utah is a bonus. "They're teenagers," nods Williams. "Pizza and ice cream is their idea of an evening out. We don't need a curfew. By the time they get back to the hotel, they're worn out. They're all asleep by 10:30 p.m. They may dance like sophisticated professionals. But at the end of the day, the costumes get packed away and they're ordinary high school kids again."

Learn more about the Provo High dance program at [www.provohighballroom.com](http://www.provohighballroom.com). ★

## FAIR OAKS CEMETERY MEMORIAL DAY AND AVENUE OF FLAGS CEREMONY



The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee will be holding one of the most popular and inspiring Memorial Day ceremonies in the area again this year.

The Sixteenth Annual Memorial Day and Avenue of Flags Ceremony will be held Saturday, May 24, at the Fair Oaks Cemetery, located at 7780 Olive Street, Fair Oaks. The formal ceremonies start at 10 AM. This year's theme is to honor "Families of Fallen Heroes".

Over the years, beginning when the Plymouth Colony was at war with the Pequot Indians, the Pilgrims passed a system of compensating veterans and their families. Congress has continued through the years to improve the benefits system for the families of War.

In spite of these benefits, the families still need our emotional support. The Fair Oaks Cemetery's Memorial Day Ceremony is a fine example of how we, the community, say thank you to the families for their sacrifice.

The Fair Oaks Cemetery will be decorated with hundreds of flags lining its roadways as "The Avenue of Flags." We will also be adding more names to the Veterans Memorial Wall.

A formal Color Guard and Rifle Salute Team will provide military honors and assist with the laying of the wreath at the memorial in honor of over seventeen hundred veterans who are buried in the cemetery.

The musical program will be provided by the American Veterans Band, conducted by Warren "Bud" Turner. Refreshments will be served at the conclusion of the ceremony by the Orangevale Fair Oaks Grange & Fair Oaks Historical Society.



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New to the event: "Battle of the Blood Drive". Visitors can donate blood to any blood source location or mobile unit to help determine which army is going to win the battle, the Union Army (Choose Donor Club Number 7001) or Confederate Army (choose Donor Club Number 2100). Results will be announced at the beginning of each battle on May 3-4, 2014. Look for Battle of the Blood Drive updates on the Facebook page of Bloodsource and Gibson Ranch Park, as well as our websites. Visitors will also see guest appearance from KSTE Talk 650 Armstrong and Getty's After Show Staff. Log on to [www.KSTE.com](http://www.KSTE.com). See Dominick, Vince and Michael Duel. Also listen to KSTE Talk 650 to win Civil War Days tickets.

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